

OCTOBER | 2024

Central Lake K-12 Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	2 Mango or Plain Parfait	3 WG Biscuits and Gravy	4 WG Bagel w/Cream Cheese or Peanut Butter
7 WG Assorted Muffins	8 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	9 Fruit Yogurt & WG Oatmeal Bar	10 WG Tornados (6-12) Chocolate chip/Banana Pancakes (K-5)	11 WG Bagel w/Cream Cheese or Peanut Butter
14 WG Assorted Muffins	15 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	16 WG Hash Browns	17 WG Breakfast Burrito	18 WG Bagel w/Cream Cheese or Peanut Butter
21 WG Assorted Muffins	22 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	23 Strawberry or Plain Parfait	24 WG Apple Empanada	25 NO SCHOOL
28 WG Assorted Muffins	29 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	30 WG Tornados	31 WG Cinnamon Rolls	1

HAPPY HALLOWEEN

Breakfast is free to all Students!
To receive a free breakfast, students must choose a ½ cup fruit, and 2 more components. Milk alone will cost .60¢

Everyday Alternatives items: Fresh fruit, fruit cups, yogurt cups, granola bars, 100% juice, hard boiled eggs and cheese sticks.

WG=Whole Grain
Questions or comments, please contact Nicole Hutchins (231)544-3141 Ext:54206
nhutchins@centrallake.org
Menus may change if an item becomes unavailable